

Correlation between food habits and time spent watching television with sleep quality at children and teenagers, MINOODAR Qazvin

Abstract

Introduction:

Children from the age of each person's life so that people's eating habits are formed during this period. Some studies of the relationship between TV viewing time and also how sleep quality and eating habits in children and adolescents are supported, but others do not approve of the presence of such a relationship. This study aimed to investigate the association between dietary habits and TV viewing time sleep quality in children and adolescents 10-18 years Minoodar Qazvin.

Materials and methods: The study population of 10-18 year old population research center was MINOODAR. Sampling using multi-stage cluster random sampling was performed. All demographic, anthropometric and nutrition, as well as questions related to sleep quality standard questionnaire and was collected by trained personnel. Data were analyzed using spss software version 16.

Findings: Most of the adolescents studied food groups: grains, meat and oil more than the recommended but milk and dairy product and vegetable group were receiving less than the recommended amount. The results showed that boys compared with girls, bread and cereals ($p=0/005$) and milk and milk products ($p=0/048$) received more. Also, people who had low sleep quality was higher consumption of bread and cereals ($p=0/01$). People with normal sleep omega-3 fatty acids consumed more ($p<0/05$). The regression analysis of sleep quality with age, gender, time of watching TV, playing video games and get the time of caffeine was no observed.

Conclusions: The nutritional status of adolescents in need of reform. This study showed that eating less bread and refined grains and omega-3 fatty acid intake may increase sleep quality in children and adolescents are more boys than girls drank milk and dairy products, so the problem of delay sleep and irregular sleep was less. Also watching TV for 2 hours a day will have no effect on quality of sleep, however, to verify the results of this study, further research is needed in this area.

Keywords: eating, watching TV, the quality of sleep, teenagers.